



## MEDIA RELEASE

13 February 2008

# Have fun weekend at Good Vibrations and Tropfest

St John (NSW) volunteers will be on duty at the Good Vibrations Festival on Saturday 16 February and at Tropfest on Sunday 17 February, providing first aid care at Centennial Park and the Domain.

St John wants everyone to enjoy themselves, but also to consider their safety and of those around them.

St John offers some tips for a safe day:

- Keep your fluids up by drinking plenty of water throughout the day
- Don't forget to apply sunscreen every two hours and to wear a hat when you are outdoors. Remember you can still get sunburnt on a cloudy day
- Wear appropriate shoes and clothing
- Bring your own prescribed medication, e.g. asthma puffers and insulin
- Plan when you have meals so you don't skip a meal to get a good spot in the crowd
- Make sure you have the mobile number of your friends and arrange meeting points during the day
- If you or any of your friends need help, seek out your nearest St John Ambulance post and a volunteer will assist you

St John (NSW) emphasises that looking after your mates could save them from further illness or injury. If you or your friends need first aid assistance it is as easy as approaching one of the St John volunteers, who can be recognised by their familiar black and white uniforms.

To become a St John volunteer or to donate to the St John Summer Appeal please visit [www.stjohnnsw.com.au](http://www.stjohnnsw.com.au) or call 1300 455 130.

**ENDS**

**Further information and interviews:**

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